CLAIMS

1. A method comprising:

forming at least one waveguide, and a cladding contacting the waveguide, each from a common prepolymer, the waveguide and cladding having a refractive index difference.

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2. A method as in claim 1, involving exposing a portion of the common prepolymer to a first amount of polymerizing energy to form the at least one waveguide and exposing a second amount of a common prepolymer to a second amount of polymerizing energy to form the cladding.

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- 3. A method as in claim 2, wherein the polymerizing energy is electromagnetic radiation.
- 4. A method as in claim 1, comprising:

curing an array of at least two essentially parallel lines of a fluid prepolymer to a first

extent to form at least two essentially parallel lines of polymeric material cured to a first extent;

contacting the at least two lines of cured polymeric material with a portion of the fluid

prepolymer and curing the portion to a second extent to form a portion of the polymeric material

cured to the second extent contacting the lines of polymeric material cured to the first extent.

20 5. A method comprising:

forming a waveguide and cladding; and altering a refractive index ratio between a waveguide and cladding.

- 6. A method as in claim 5, the waveguide and cladding each being formed of a polymeric material.
 - 7. A method as in claim 5, the waveguide and cladding each defining a polymeric material formed from a common prepolymeric material.
- 30 8. A method as in claim 5, the altering step involving curing the waveguide and cladding, together, after formation.

9. A method comprising:

simultaneously deforming at least two guided, propagating electromagnetic waves.

5 10. A method comprising:

introducing electromagnetic radiation into a first waveguide, allowing the electromagnetic radiation to couple from the first waveguide into a second waveguide, and allowing the electromagnetic radiation to couple from the second waveguide into a third waveguide.

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11. A method comprising:

forming a waveguide array of at least two waveguides having a coupling characteristic between them;

guiding electromagnetic radiation using the waveguide array by introducing the electromagnetic radiation into the array and causing the radiation to be essentially totally internally reflected within pathways of the array; and

altering the coupling characteristic of a section of the array including at least a portion of each waveguide to alter the coupling characteristic of the waveguides relative to each other.